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WELL AWARE

Monthly Newsletter

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Alere®

<https://delawell.alerehealth.com>

1-866-674-9103 (Nurse24)

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331

EMAIL: Benefits@state.de.us

Coming 1/1/15 – NEW DelaWELL Health Portal Homepage and Incentive Dashboard

Alere is giving the DelaWELL Health Portal (<https://delawell.alerehealth.com>) a facelift! Starting **January 1, 2015**, you will notice a new Homepage design and Incentive Dashboard when you log in the portal.

The new **Homepage** has been streamlined to make it easier for you to find exactly what you want, including features like a top navigation menu to provide quick access to content, tools, and more; a link to your progress trackers to help monitor your progress; and a credit and incentives graph that displays your progress toward your incentive goals.

The new **Incentive Dashboard** has a more modern look and more-friendly user interface to make it easier for you to track your progress and take advantage of the DelaWELL Reward opportunities. The intent of the new Incentive Dashboard is to provide users the answer to the following questions: “How close am I to meeting my goal?” and “What is required to achieve my incentive?”

NEW Homepage Design



NEW Incentive Dashboard Design



Did You Know



Beginning January 1, 2015, Highmark Delaware State of Delaware members will have new options to receive care for certain services.

This includes certain office visits “virtually” where available and determined to be an appropriate method of delivering care by their provider. In certain situations, it may be possible to receive a real-time follow-up visit with a specialist at a distant site. During the specialist virtual visit, the member is connected to the specialist from an originating site such as the Primary Care Physician’s office or an outpatient facility.

Highmark is also allowing State of Delaware members to have access to outpatient behavioral health services virtually, from the privacy of their own home, office or other private setting through the use of secure audio and video technology.

Additionally, Highmark Delaware is offering tele-dermatology to State of Delaware Highmark Delaware members. Using secure telecommunications technology, members can receive dermatologic services and clinical information.

As the demand for access to certain specialists continues to increase, secure technology now allows physicians to provide their expertise online and telephonically

where appropriate, offering more flexibility and faster access. For more information regarding these additional options to receive care, contact your Primary Care Physician or Highmark Delaware Customer Service at 1-800-633-2563.

HMS (Health Advocate) EAP + Work/Life Program: Minimize Stress During The Holidays

Now is the time to begin your plan to have a peaceful holiday season. You know that your family may experience spells of anxiety, fatigue, overindulgence and irritability during the holidays. The good news is that you can do a lot to minimize them!

Visit the HMS (Health Advocate) EAP+ Work/Life Program website at <http://hms.healthadvocate.com>.

After you enter “State of Delaware” as the name of your organization and click “Submit,” then navigate to the **Emotional Well-Being** link, and under the “Stress” heading, select **Stress-Free Holidays**.

On the Stress-Free Holidays link, you will find helpful articles and videos. For example, articles like “*Start Some Healthful Holiday Traditions*,” “*12 Ways to Keep the Holidays Stress-Free*,” “*A Guide to Holiday Survival*,” “*Teach the Joy of Gift Giving*” and “*A Holiday Help Guide for Stepfamilies*” all provide great tips to ensure you have an enjoyable holiday season.

Are you having a difficult time coping with the holidays, due to a recent loss of a friend or family member?

The HMS (Health Advocate) Licensed Professional Counselors are here to listen and help!

Contacts to HMS are **completely confidential** and provided at no cost.

HMS is easy to reach
and available 24/7 to
assist you!
1-800-343-2186





News And Upcoming Events



Like Us On Facebook

<https://www.facebook.com/delawellprogram>

What's Going On:

2014-2015 DelaWELL Program Year (NOW through May 31, 2015): Reward Yourself With The Best Of Health

Visit <http://www.delawell.delaware.gov/program-info.shtml> to learn about the programs and services available and how to earn DelaWELL Rewards up to \$200!



DelaWELL's "Early Bird Payment" Is December 12, 2014

Employees who earned the DelaWELL Silver Level Reward (Completion of the online Wellness Assessment + Health Screening) by October 15, 2014 will receive a \$100 cash

incentive paid in the December 12th paycheck. State non-Medicare eligible pensioners who earned the DelaWELL Silver Level Reward (Completion of the online Wellness Assessment + Health Screening) by October 15, 2014 will have it applied toward their December 2014 pension check. DelaWELL Silver Level Reward amounts earned between October 16, 2014 and May 31, 2015 and all DelaWELL Gold Level Reward amounts earned between July 1, 2014 and May 31, 2015 will be paid in July 2015. **For questions about wellness activities and incentive eligibility, please call the Alere Helpline at (866) 674-9103.**

National Handwashing Awareness Week (December 7 – 13, 2014)

Regular handwashing, especially before and after certain activities, is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs to others. Visit <http://www.cdc.gov/handwashing/> to learn more about when and how to wash your hands, the importance of using soap and water and what you can do if soap and clean, running water are not available.



Upcoming Events:

2014-2015 DelaWELL Health Screenings

The free screenings are offered January 5 through April 29, 2015 (for those members that did not attend a screening from July through November 2014). Appointments are available during work hours, as well as late afternoon/ evening hours. Learn more at <http://www.delawell.delaware.gov/health-screenings.shtml>.

DelaWELL's One Change Challenge (January 15 – February 15, 2015)

The focus is on making a big impact over time by implementing one small healthy change. Learn more at <http://delawell.delaware.gov/wellness-challenges.shtml>.

DelaWELL University Onsite Health Seminars

January 2015 – Topic: Understanding Health and Exercise
April 2015 – Topic: Understanding Food And Nutrition

Register for a seminar date, time and location convenient for you by visiting

http://www.delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp.



Motivation Station: Employee Spotlight



Charles "Chuck" Thomas

Facilities Technician
Delaware Transit Corporation (DTC)

"My "wellness success story" started in the Christiana Hospital emergency room. I couldn't breathe and my lungs were full of fluid from a chest cold, which caused three heart valves to leak. It also caused me to retain about 50 lbs. of fluid. After this incident, I met with a cardiologist for the first time. He told me I wouldn't be around to make my six-month checkup if I did not make some serious health changes..."



To read Chuck's complete story and other participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link.

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

Healthy Recipe: Lima Bean, Mushroom and Barley Soup

Ingredients:

1 cup large, dried lima beans
3 tbsp. coarse pearl barley
6 cups low-sodium vegetable broth
2 cups sliced portabella mushrooms
1 cup chopped onion
2 tbsp. chopped parsley
½ cup chopped celery
1 cup diced carrots

Directions:

Wash lima beans and barley separately in cold water. Drain and transfer to a soup kettle.

Add vegetable broth and remaining ingredients; cover and bring to a boil.

Cook over low-medium heat until lima beans are soft, about two hours. Serve hot.

Serves Eight:

Each serving provides about 110 calories, 0 g fat and cholesterol, 130 mg sodium, 21 g carbohydrate, 6 g dietary fiber, 5 g sugars and 6 g protein.

For more great recipes, visit the HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," navigate to the "Health" tab and look under the header "Recipes."



The Fitness Guru Says...

Health Tip: Standing Hamstring Curls

Dear Reader,

Here is a toning exercise you can do that targets the muscles in the back of your legs:

Stand up tall, holding onto the back of a chair or countertop for support, or placing your hands flat against a wall. If you are using a wall for support, place your hands shoulder-width apart and your feet about two feet from the wall. Keep your hips parallel to one another, so one does not come out in front of the other. Contract your abdominal muscles, but keep your shoulders and neck relaxed.

Lift one foot off the ground and slowly curl the heel of the foot back towards your buttocks. As you bring your foot up, contract the muscles in the back of your leg. Bring your foot as close to your buttocks as possible. As you release, do so slowly, feeling the muscles lengthening as you bring your foot back down to the starting position. Repeat the motion without touching the ground. This should be a continuous movement until you've completed all repetitions (about 10-12 reps per set; aim to complete two sets).



Source: DelaWELL Health Portal (<https://delawell.alerehealth.com>) – Fitness Planner

Best of Health!

F.G. (a.k.a. Fitness Guru)